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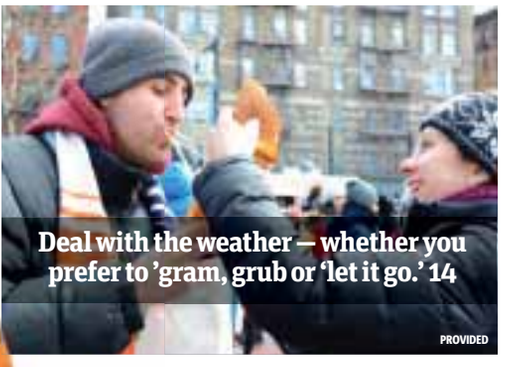
WIN STREAK

Knicks picking wrong time to put together a win streak. 24



Deal with the weather — whether you prefer to 'gram, grub or 'let it go.' 14

PROVIDED

MTA worker killed on Harlem tracks. 6

HEAR MARCH ROAR

This month was supposed to come 'in like a lion, and go out like a lamb,' but Mother Nature had other plans. Brace yourselves for the fourth nor'easter in as many weeks. 4

PHOTO ILLUSTRATION ISTOCK

WELCOME TO METRO.US

NIKKI M. MASCALI, REPORTER

The month's fourth nor'easter very well could be blowing into the New York City metro region as you read this — on the second day of spring no less! — to bring snow, sleet, rain and blustery winds. While I'm a bit tired of bundling up and battling the elements, I personally will take another four nor'easters over the gross New York City heat that is surely on the horizon, but that could just be me, I guess. Find out the latest info on the storm on page 4 or at **metro.us.**

TRUMP CONGRATULATES PUTIN, SAYS MEETING SOON

1 President Donald Trump on Tuesday congratulated Russian President Vladimir Putin on his re-election and said they would likely meet soon as relations between the two countries grow more strained over allegations of Russian meddling in the U.S. electoral system. Trump's overture to Putin was criticized by top senators in his own Republican party, who called Sunday's election a sham. Senate Majority Leader Mitch McConnell said there was a "lack of credibility in tallying the result." When asked if Russia's election was free and fair, White House spokeswoman Sarah Sanders responded: "We don't get to dictate how other countries operate." Putin won a landslide victory to extend his rule over Russia for six more years at a time when his ties with the West are on a hostile trajectory. "I congratulated him on the victory, the electoral victory," Trump said.

REPORT: CAMBRIDGE ANALYTICA HAD KEY ROLE

2 The suspended chief executive of U.K.-based political consultancy Cambridge Analytica claimed in secretly recorded video that his company played a decisive role in the 2016 election campaign of President Donald Trump, Channel 4 News reported on Tuesday. British broadcaster Channel 4 News mounted a "sting operation" in which it secretly recorded Cambridge Analytica Chief Executive Alexander Nix saying he had met the then Republican presidential candidate "many times" and that his firm played a central role in the final months of the campaign. "We did all the research. We did all the data. We did all the analytics. We did all the targeting. We ran all the digital campaign and our data informed their strategy," Nix told an undercover reporter during a meeting in a London hotel. ***Read more on page 11.***

5 THINGS YOU NEED TO KNOW

FALLAS FESTIVAL IN SPAIN

3 Ninots depicting Russian President Vladimir Putin (L), President Donald Trump and North Korean leader Kim Jong-Un burn on the last night of the Fallas Festival in Valencia, Spain, on Monday. Fallas are gigantic structures made of cardboard portraying current events and personalities in which individual figures, or ninots, are placed. The fallas are burned in the streets as a tribute to St. Joseph, patron saint of the carpenters' guild.

GETTY IMAGES

TRUMP MUST FACE DEFAMATION LAWSUIT

4 A New York state judge on Tuesday said President Donald Trump must face a defamation lawsuit by a woman who accused him of sexually harassing her after she appeared on his former reality TV show. The decision by Justice Jennifer Schecter of New York state court in favor of restaurateur Summer Zervos, a former contestant on NBC's "The Apprentice," raises the prospect that Trump might have to answer embarrassing questions in court about his behavior toward women. She rejected Trump's claim that he was immune from being sued. "No one is above the law," the judge wrote. A White House representative was not available for comment on the ruling. Also on Tuesday, Karen McDougal, a former Playboy model who said she had an affair with Trump, filed suit in California to release her from a legal agreement requiring her to stay silent.

NUMBER OF TOURISTS VISITING NYC UP IN 2017

5 We all know New York City is a tourist mecca, and last year even more visitors flocked to the Big Apple than usual, according to Mayor Bill de Blasio. An estimated 62.8 million people visited New York City in 2017, de Blasio announced on Tuesday. That's an increase of 2.3 million people from 2016 and a new record-breaking number for the eighth year in a row. Of those visitors, 49.7 million were traveling from within the U.S., and 13.1 million visited NYC from other countries. "We're keeping our door to the world open," de Blasio said in a statement. "Even with all the headwinds from the White House, we attracted a record number of visitors to our city. That's a testament to the strength of our tourism sector and the values of our city." Experts predict 2018 will bring more sightseers to the city with 65.1 million anticipated. KRISTIN TOUSSAINT

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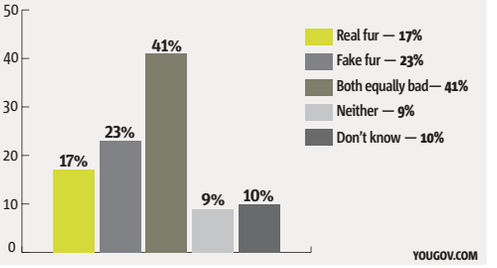

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Another snowy nor'easter to hit NYC region

A wintry mix of snow and rain was slated to begin on Tuesday night, with a Winter Storm Warning in effect into Thursday.

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nikki.mascali@metro.us

12-16 INCHES
Snow expected in SE New York and NE New Jersey

WEDNESDAY AFTERNOON
SNOW, FREEZING RAIN AND SLEET WITH WIND GUSTS AS HIGH AS 34 MPH

THURSDAY WIND GUSTS UP TO 30 MPH

FRIDAY & SATURDAY TEMPERATURES IN THE 40s

The current active weather pattern might mean that the rest of March will be less a lamb and more the nor'easter-filled lion we've seen most of the month, forecasters predict. GETTY IMAGES

We hope you haven't stored your winter gear away just yet. Despite the fact that spring has officially sprung, wintery weather going by the name Winter Storm Toby — aka the area's fourth nor'easter of the month — is slated to drop more than a foot of snow on the New York City region.

"To have four nor'easters in as many weeks is an exceedingly rare occurrence, and you can almost hear the collective muttering along the I-95 corridor," Carl Parker, on-camera meteorologist from The Weather Channel, told Metro.

"This storm will take aim on the Mid-Atlantic region, dumping more than a foot of snow in parts of northern Virginia and Maryland, southeast Pennsylvania, central Jersey and Long Island. Strong northeast winds will develop on Wednesday, gusting to 40 to 50 mph in Boston and Nantucket from late Wednesday through Thursday morning. Minor to moderate coastal flooding is expected from Delaware to Maine."

Early Tuesday morning, the National Weather Service issued a Winter Storm Warning for parts of northeast New Jersey and southeast New York — including Westchester and its surrounding areas as well as across New York City's five boroughs — that begins at midnight and will be in effect until 8 a.m. Thursday.

The warning "means significant amounts of snow, sleet and ice will make travel very hazardous or impossible," the NWS said.

Forecasters expect heavy mixed winter precipitation that will turn into heavy snow that could drop between 12 and 16 inches across the region. Light ice accumulation is expected in some parts as well.

Light rain throughout Tuesday. Snow was expected to be added to the mix until around early Wednesday morning, when snow, freezing rain and sleet were expected to take over.

While snow and sleet are expected to accumulate less than an inch overnight, the area will experience wind gusts as high as 34 mph, the NWS said.

The wintry mix was expected to turn to snow in time for Wednesday morning's commute, and the region might even experience thundersnow again as it did during the nor'easter that hit earlier this month.

"Due to tomorrow's snowstorm, all NYC schools will be closed on Wednesday, March 21," Mayor Bill de Blasio posted on Twitter on Tuesday afternoon.

Wind gusts above 30 mph are expected to remain through Thursday afternoon, but forecasters anticipate we'll see the snow stop before midnight, and partly sunny skies will return that morning.

But don't get too used to that. While Friday and Saturday will be mostly sunny with temps in the mid-40s, we may see some snow and rain again Saturday night into Sunday.

Forecasters expect the current active weather pattern could continue through the rest of March, bringing more cold, wet weather to the Northeast.

City council and press face off — on the dodgeball court

City Council Speaker Corey Johnson challenged the press corps to a dodgeball tournament. GETTY IMAGES

Politicians dodging the press is a tale as old as time, but an event Wednesday will put city legislators right in the line of reporters' fire. But it won't be questions they'll try to elude — it'll be dodgeballs.

Last week, City Council Speaker Corey Johnson challenged the city's press corps to face off with councilmembers in a dodgeball tournament at The Clinton School on East 15th Street.

For years, the press corps from City Hall's Room 9 and City Council have both played softball against the mayor's office, but Johnson thought that a dodgeball tournament would be "a fun play on us not dodging the press — or dodging the press," the speaker told Metro. "I thought it'd be a fun thing for us to do together."

Metro: How has the response been to your challenge?

City Council Speaker Corey Johnson: We've gotten a good response from Room 9. They're excited — a lot of reporters told me they're excited to whip a ball at me. And we've gotten a great response from the councilmembers. We have 25 that signed up to play. And we'll have a special referee. He is a former councilmember who now serves in a borough-wide position in a nice, beautiful piece of land on the other side of the Verrazano-Narrows Bridge.

I've heard you're athletic and may have an advantage. What do you have to say?

I'm a little rusty, and there's been no practice. I was an athlete in high school. I was captain of my high school football team, I played lacrosse and baseball and was a wrestler. I did not want to challenge Room 9 to wrestling. I thought that would end badly.

Would you like this to be a regular thing, perhaps with different sports?

I'm open to it, I'm sure we're going to challenge the mayor's office again to softball, but we always have to work with the press. They have a job to do, we have a job to do, but we can also have fun together. NIKKI M. MASCALI

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A 23-year-old MTA employee died after falling onto subway tracks near the 125th Street 4/5/6 station at Lexington Avenue, official said. GOOGLE MAPS

MTA employee dies after fall onto subway tracks in Harlem

The 23-year-old was working near 125th Street and Lexington Avenue when he tumbled 9 feet and was knocked unconscious.

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An MTA employee died early Tuesday morning after falling while working on the subway tracks in Harlem, agency officials said.

The 23-year-old male was part of a work crew that was removing redundant rail in the tunnels near the 125th Street 4/5/6 station at Lexington Avenue, New York City Transit President Andy Byford said.

Just before 5 a.m., the worker, who was later identified by a transit union source as St. Clair Ziare Richards-Stephens of the Bronx, fell about 9 feet, "hit the ground and was immediately knocked unconscious," Byford said, adding that investigators have yet to determine what prompted his fall. Richards-Stephens had been employed with the MTA for six months.

Byford said that responders tried to resuscitate Richards-Stephens for about 45 minutes, but he was pronounced dead at the scene.

"My top priority is to visit his family," Byford said. "These are the days you dread."

"This is a tragedy, not just for this young man and his family, but for the entire city," the Transport Workers Union said in a statement. "While millions of New Yorkers were asleep, this young transit worker was on the job in a tunnel beneath Manhattan so others could get to work or school or wherever else they need to go in the morning. We will be involved in a full investigation to determine how this tragedy happened. Our entire brotherhood and sisterhood of transit workers extend our condolences to his family."

The investigation into Richards-Stephens' death suspended service on the 6 train and caused 4 and 5 trains to run local in both directions between 125th Street and Grand Central-42nd Street, causing delays on those green-line trains as well as on 1, 2 and 3 trains throughout the morning Tuesday.

"This is a tragedy, not just for this young man and his family, but for the entire city."
The Transport Workers Union

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The LIRR is about to undergo a slew of changes aimed at improving service reliability, seasonal preparedness and customer communications, the MTA announced. FLICKR/MTA

LIRR unveils blueprint to improve reliability and communications

The new Performance Improvement Plan will also revamp the LIRR's seasonal preparedness efforts.

NIKKI M. MASCALI
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A slew of changes aimed at improving service reliability, seasonal preparedness and customer communications is on the horizon for the LIRR, the MTA announced Monday.

Nearly 60 actions were outlined in the MTA's Long Island Rail Road Performance Improvement Plan, aka PIP, across those three facets, and the agency said a progress report will be shared monthly with the public and the MTA Board.

"This plan lays out the steps toward doing everything we can to prevent incidents that can impact service and when incidents do occur, to recover service faster by improving our response times to the issues impacting us and our customers," LIRR President Patrick Nowakowski said. "Just as important, whether we have a disruption or are providing normal service, we know that improved communication with customers is vital. That extends to this plan itself. We are developing a host of methods to gauge customer feedback on our performance, from upcoming public engagement sessions and focus groups, to working with the LIRR Commuter Council and soliciting customer comments."

What does the LIRR Performance Improvement Plan entail?

The LIRR PIP is tasked with improving service reliability, seasonal preparedness and customer communications.

To the first facet, reliability, the LIRR aims to improve the dependability of its fleet, maintain and upgrade infrastructure like signals, switches and tracks and add five new engineering staffers to "allow more effective planning and execution of proactive infrastructure maintenance and repair," the agency said.

Under the LIRR PIP,

> **"This plan lays out the steps toward doing everything we can to prevent incidents that can impact service."**
> LIRR President Patrick Nowakowski

the railroad will revamp its seasonal preparedness efforts, which in winter will include acquiring more snow fighters and third-rail heaters, upping vegetation management in spring and summer and improving train handling to reduce slip-slide incidents during leaf season.

In an effort to better communicate with customers, the LIRR will: create a chief customer advocate position, which will report directly to Nowakowski; change training procedures to include professional announcer training; hold "LIRR Listens" sessions between senior leadership and the public; display countdown clocks at suburban stations; enable wireless connectivity at Penn Station, Jamaica and Atlantic Terminal and make rider ambassadors and ushers more visible at those three stations.

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Fifth Texas bomb blast leaves investigators baffled

Speaking through the media, officials have appealed to the bomber to reveal the motives for the attacks.

Austin Police Chief Brian Manley (L), ATF Special Agent in Charge Fred Milanowski and FBI Agent Christopher Combs brief reporters during a news conference on Monday in Austin, Texas. GETTY IMAGES

A package bomb blew up at a FedEx distribution center near San Antonio on Tuesday, the fifth in a series of attacks that have rocked Texas this month and left baffled investigators searching for what they suspect is a serial bomber.

The package filled with nails and metal shrapnel was mailed from Austin to another address in Austin and passed through a sorting center in Schertz, about 65 miles away, when it exploded on a conveyer belt, knocking a female employee off her feet, officials said.

It was the fifth of a series in explosions in Texas in the past 18 days that have killed two people, injured others, and left hundreds of federal and local investigators scrambling to find the perpetrator and a motive.

"We do believe that these incidents are all related. That is because of the specific contents of these devices," interim Austin Police Chief Brian Manley told members of the Austin City Council, the Austin American-Statesman reported.

A further package sent by the same person was discovered and turned over to law enforcement, FedEx Corp. said in a statement on Tuesday.

FedEx did not give further details on the second package but a FedEx employee with knowledge of the incident said another box had been tracked to a south Austin facility. The facility was evacuated, said the employee, who asked for anonymity because he was not authorized to discuss the matter.

Officials asked the public for any tips, offering a $115,000 reward for information leading to the arrest and conviction of the culprit.

"Somebody has to know something," said Federal Bureau of Investigation spokeswoman Christina Garza. "The person behind these explosives, please, we want to know why."

"This is obviously a very, very sick individual, or maybe individuals," President Donald Trump told reporters. "These are sick people, and we will get to the bottom of it."

The four previous explosions — which took place between March 2 and March 18 — killed two people and injured four others, unnerving Austin residents. REUTERS

Two students wounded in Maryland school shooting; student gunman dies

A 17-year-old student opened fire at a Maryland high school on Tuesday, in an attack that left two fellow students wounded, then died after a gunfight with an officer.

The shooting followed last month's Florida school massacre and came just days ahead of a national march backing stronger gun laws.

The gunfire erupted shortly before 8 a.m. at Great Mills High School, about 70 miles south of Washington, county Sheriff Timothy Cameron said.

A 16-year-old girl was in intensive care with life-threatening injuries, Cameron told a news conference. A 14-year-old boy was in good condition at a hospital.

The gunman was identified as Austin Wyatt Rollins, and Cameron said there was "an indication" the teenager had a prior relationship with the female student, though it was still under investigation.

"We recently had a protest about school violence last week, and now this has happened."

Student Kameron Norwood

He also said it was not clear whether Rollins died after being shot by the officer, Deputy 1st Class Blaine Gaskill, or from a self-inflicted gunshot.

"We recently had a protest about school violence last week, and now this has happened," said Kameron Norwood, 16, after he and other students had been transported to a nearby high school waited for to relatives to pick them up. REUTERS

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Cambridge Analytica: What is it, and will it be the end of Facebook?

Former national security adviser Mike Flynn said he had served as an adviser to Cambridge Analytica during the Trump campaign. GETTY IMAGES

Cambridge Analytica is in the news for its link to the 2016 Trump presidential campaign and possible misdeeds connected to it. On Tuesday, an explosive TV report by Britain's Channel 4 showed executives of Cambridge Analytica on hidden camera bragging about using dirty tricks in overseas elections, including entrapment and bribes. (The company denied it has used those techniques.)

Simultaneous stories in The New York Times and the Guardian profiled a former Cambridge Analytica employee who said the company scraped data from millions without authorization to sell for political purposes, that he developed software likely used in the Trump campaign, and that future Trump campaign manager Corey Lewandowski was talking with Cambridge Analytica in 2015.

What is Cambridge Analytica, and what does it do?

Cambridge Analytica is a British company that set up an outpost in Massachusetts funded by Republican megadonors Steve and Rebekah Mercer. (The Mercers originally supported Ted Cruz before throwing their full weight behind Donald Trump.) The company mines and analyzes online data for use in political campaigns.

Cambridge Analytica is accused of capturing 50 million Facebook users' data without authorization, then selling it to political campaigns to target those users with advertising based on "psychographics," such as their likes and follows, and what those may indicate about their hopes and fears. The company is suspected of using those microtargeting capabilities to disseminate fake news and disinformation, including from Russia, to help Donald Trump and hurt Hillary Clinton in the 2016 presidential election, along with influencing the 2016 Brexit vote.

Politicians who have used CA's services include Rep. Thom Tillis (R-North Carolina), Ted Cruz and Ben Carson.

The Trump campaign said it did not use psychographics in the 2016 election. Former national security adviser Mike Flynn said he had served as an adviser to Cambridge Analytica during the Trump campaign.

Will Cambridge Analytica be the end of Facebook?

After Monday's news, Facebook users revolted over the news that Facebook had allowed their privacy to be violated and their personal information weaponized for political ends.

As ingrained as Facebook is into modern communication, it would take a lot to bring it down. These revelations are probably not enough. That said, there's plenty of unrest in the company right now: Its stock price dropped about 9 percent on each of the two days following the Channel 4 and newspaper reports. A top executive announced he would resign following a disagreement on how the company handled Russian disinformation on the platform. And the company called an emergency all-hands meeting Tuesday.

What may happen: Members of Congress are demanding that Mark Zuckerberg and other Facebook employees testify on Capitol Hill. The Federal Trade Commission may subject the company to massive fines for violating FTC privacy rules. Congress may also see fit to begin regulating internet companies, specifically advertising, requiring political ads to be more transparent and attributable.

For years, other industries have been grumbling about being subject to government regulation while Congress has turned a blind eye to Silicon Valley. The online political advertising sphere has been likened to "the Wild West." Following that analogy, we might be on the verge of another Industrial Revolution.

MICHAEL MARTIN

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Why Are Chronic Neck An
These Newest Treatment

Previously Failed and The Most

Fraction of the cost, less medical risk, no addictive drugs, little to no downti

Hundreds of worst pain sufferers from tri-state area calli

***NYC Pain MD* is a clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.**

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get further into this:

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy: "Radiofrequncy Neurotomy" is often referred to as RF for short.

Just what is "RF"?

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced medical imaging to "block"thenerves and slow down the pain.

Two procedures are performed. First, a test, diagnostic "Block" procedure is

pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

able to finally get a goodnight's sleep again? How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and i*s not surgical.*

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

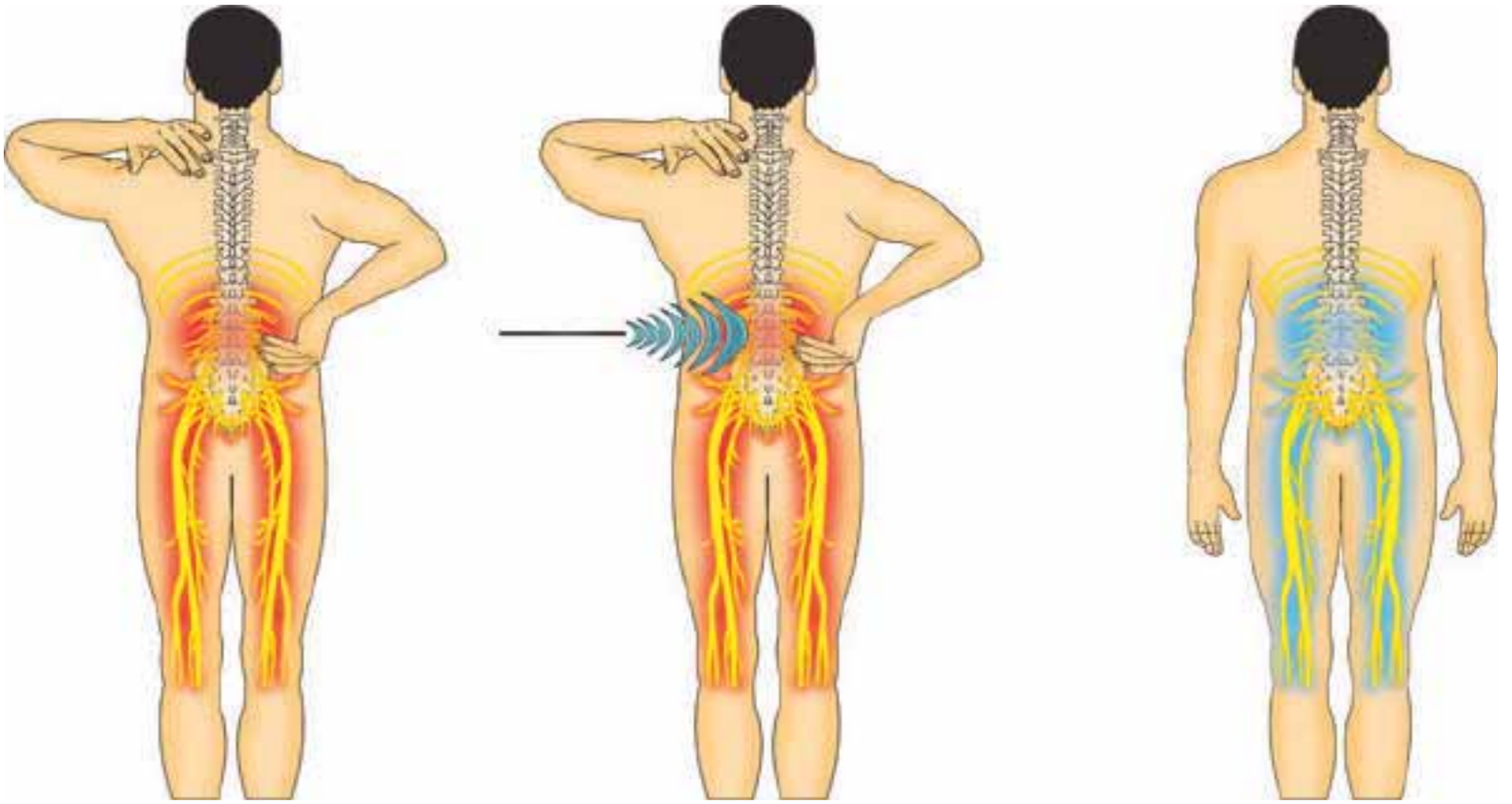
Major Savings In Time And Costs Of Care?

d Back Pain Victims Choosing
s Before Drugs or Surgery?

t Difficult Cases Finally Have Options

me and often covered by insurance amongst top reasons for high patient demand...
ng for No-cost screening to find out if they qualify for treatment

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

There are limited openings for these screenings and they fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month. This screening is at no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and even traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today.

NYC PAIN MD
"Non Surgical Medical Relief For Spine & Joint Pain"

3 Ways to deal with *this weather*

Spring is here according to the calendar, but not so much in reality. Whether you love or hate our snowy weather, here's how to cope. **EVA KIS**

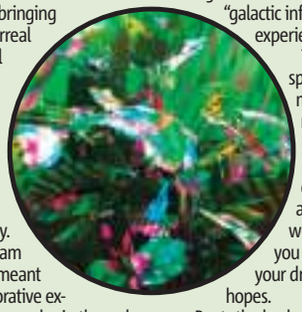
OPT OUT

PROVIDED

Instagram knows you'd rather be sleeping

Reality is a drag, right? Between gravity and not being able to touch clouds and washing machines we can't ride inside. Instagram thinks so too, and to cater to our desire to live in the infinitely more fun world our minds create while we sleep, it's created the Dream Machine.

The two-month pop-up promises to be "an immersive experience bringing our most surreal and magical dreams to life." Well, at least the kind that can be fulfilled in Williamsburg anyway.



The Dream Machine is meant to be a restorative experience for your brain through a series of 10 sleep cycle-inspired rooms that's meant to embody a "state of being."

The one-hour experience is meant to recapture the "weird, beautiful and whimsical places" our minds go when we dream.

Instagram isn't sharing all the details, but they did give a sneak peek into a few of the rooms:

You enter through a room called On Cloud 9, passing among "dream misters" into a piece of the sky to feel like you're "floating" with puffy clouds.

The fourth room, Spin Cycle, is a neon-bright laundromat where you're the one being twisted and turned as you step through a washer door into a "galactic infinity room experience."

The eighth space is not merely a room: Rainbow Hall is an ethereal garden with a wishing well where you can share your dreams and hopes.

Beats the heck out of staring at avocado toast and wondering if lavender hair would suit your complexion, right?

The Dream Machine will be open April 5-May 31 from 10 a.m. to 10 p.m. at 93 N. Ninth St., and a visit will run you $38. Tickets are on sale now; for more details, go to visitdreamachine.com

GRIN AND BEAR IT

2018's first food truck fest is this weekend

A sure sign of spring: the NYC Food Truck Festival is back!

Unlike every other weather-predicting groundhog, Punxsutawney Phil wasn't fooled by that freakishly warm week in February. Winter blew back in and seems to be hanging on, but that shouldn't stop you from coming out for the season's first food truck festival.

It all goes down on Sunday, March 25, when the NYC Food Truck Festival returns for a second year at the Upper West Side's long-running Grand Bazaar market. It's your chance to taste what's coming to the streets once the snow finally stops, with a dozen of the city's newest and best mobile kitchens lined up along Columbus Avenue and 77th Street.

If last year is any indication, there will be a lot of you trying to make winter end through the sheer force of will that waiting outside for your food requires, so wear those gloves and scarves. Those willing to brave the elements will be rewarded with sweet crepes by the Crepe Crew, fresh lobster sandwiches from Luke's Lobster, loaded mac n' cheeses by Mac Truck and award-winning empanadas from Empanada Sonata. The full list of vendors includes Stuf'd, Neapolitan Express, Carl's Steaks, Sweet Chili, Gorilla Cheese, Souvlaki GR, Big D's Grub Truck and Yankee Doodle Dandy's.

Between bites, you'll have rows and rows (some even indoors!) of more than 100 vendors to browse. You'll find everything from vintage jewelry and antiques to furniture and handmade bohemian clothing — hey, it'll be warm sometime.

Entry to both the market and the Food Truck Festival is free, while food is pay-as-you-go.

The event takes place from 10 a.m. to 5:30 p.m. at 100 W. 77th St.

PROVIDED

EMBRACE WINTER

Get a sneak peek of the "Frozen" musical

This week will bring more than one kind of snow to New York City — March 22 is the official opening night of "Frozen" on Broadway!

Ahead of its big moment, the Disney Theatrical production has released a whole bunch of brand-new photos of the cast in action, led by Caissie Levy as Elsa and Patti Murin as Anna.

DOROTHY HONG

The production has also released four new songs written for the musical as a preview of the Broadway soundtrack, which doesn't come out until June 22. Oscar-winning songwriters Robert Lopez and Kristen Anderson-Lopez, who also wrote the music for the movie, created 12 new tracks for the show.

Out of all the characters, Elsa gets the most depth in these new tracks, especially in the anthemic "Dangerous to Dream." The Act 1 solo is a lament about the danger of wanting things you can't have — but the danger of not allowing yourself to dream is even greater.

In "What Do You Know About Love?" Kristoff tries to talk some sense into Anna (and vice-versa). The delightful track includes the delightful phrase "sweaty, smelly mountain man," already ensures its status as a karaoke staple.

"Monster" is a heartbreaking solo by Elsa as she wonders if everyone is right about her, or if she should try to make them see the person beyond the curse.

And finally, "True Love" is an Act 2 solo that forms "the emotional climax of Anna's journey," according to Anderson-Lopez. It's also her favorite of all the new songs she and her husband wrote for the show.

Listen to all the new songs at **metro.us.**

Sorry, but Trish from 'Jessica Jones' is the absolute *worst*

Leave Jessica alone already, ya goon.

RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

Sorry, Trish: Not even a newfound obsession with guns can make you interesting.

Trish has got it made for world's most toxic friend. Congratulations, we guess. ALL PHOTOS ETFLIX

There are toxic friends, and then there's Trish from Marvel's "Jessica Jones." And in the second season, she's doing the most.

Trish is a former child star who has it all: lots of money, a hot boyfriend, a good job and a superpowered best friend with poor taste in jeans. But that's not enough for her, and yes, spoilers are ahead.

For some reason, Trish spends the majority of the second season torturing her so-called best friend Jessica and her assistant, Malcolm, in a variety of ways, in the name of making a name for herself as more than just a fluff journalist. And that's when she's not becoming addicted to whatever is in Simpson's inhaler, or pulling out a gun at the most inappropriate, inopportune moments. She literally brings Jessica the ashes of her dead family to manipulate her into taking action against IGH. She has a night of passion with Malcolm, just to lock him in the trunk of her car once she's done using him. Part of her motivation is her addictive personality. But the other part? She's the worst.

Because for Trish, it's not enough to have a voice. She has to be the most important voice in the room. Oh, and she wants superpowers, too. And she'll basically kill herself to get them — and then blame Jessica for not letting her die.

In the end, her extreme thirst for being special — because being white, rich and privileged isn't enough — alienates her from the people who mean the most to her. And it somehow makes her think killing her best friend's mom is a totally OK thing to do. (To be clear, even if your best friend's mother is a brain-damaged pseudo-psychopath with superhuman strength and rage blackouts, you can't just jump out of your hospital bed, head to the nearest closed carnival and shoot her clean in the skull. Best friends don't shoot their best friend's moms, man.)

Joke's on her, though. If Trish thinks being able to catch her phone with her foot as a superpower is worth losing her job, her best friend and the comfort of being able to afford a one-bedroom apartment in New York City for, well. She's more than the worst. She's just a straight-up goon.

The entire second season of "Jessica Jones" is available to stream now, on Netflix.

Are You Shy?

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5 Celebrities that've already split in 2018

Less than three months in, and all these couples are out. Haven't you heard? Not only did Vanessa Trump file for divorce from Donald Trump Jr., but she did it because he was reportedly cheap AF. Multiple sources confirmed to Page Six that Vanessa's homelife is devoid of glam — and that Don Jr. "treats her like a second-class citizen." Rude. And don't even get us started on Aubrey. Boy, bye. But Don Jr. and Vanessa aren't the only couple that's quit. Here are the celebrity breakups of 2018 so far. Fare thee well, love and happiness. Hello, future prenups! METRO

ALL PHOTOS GETTY IMAGES

DONALD TRUMP, JR. AND VANESSA TRUMP
After 12 years of marriage and five children, Vanessa Trump filed for divorce from her husband, Donald Trump, Jr. In a statement, the couple told Page Six they "will always have tremendous respect for each other." Vanessa's way of showing said tremendous respect? By hiring a criminal defense lawyer.

ANDERSON COOPER AND BENJAMIN MAISANI
The silver fox is back on the market, kind of: Cooper and Maisani split after nine years together, but made sure to play it cool for their official statement. "Benjamin and I separated as boyfriends some time ago. We are still family to each other, and love each other very much. We remain the best of friends, and will continue to share much of our lives together." Mmhm.

ALICIA SILVERSTONE AND CHRISTOPHER JARECKI
The "Clueless" star and her husband called it done after 20 whole years together. In a statement to E!, Silverstone's publicist wrote, "They still deeply love and respect each other and remain very close friends but have mutually decided to separate after being together for 20 years. They have a son together who they will continue to coparent."

NAS AND NICKI MINAJ
Sometime after Nicki Minaj told Ellen about her and Nas' celibate sleepovers, these two called it quits: After seven months together, a source says the two just "fizzled out."

JENNIFER ANISTON AND JUSTIN THEROUX
In the end, Justin was just too edgy for Jennifer: The A-list celebrity couple announced their "mutual and lovingly made" decision to split. They were engaged in August 2012 and married in August 2015.

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Scanavino: 'Law and Order' succeeds because we keep it real

"Law & Order: Special Victims Unit" is a not-so-guilty pleasure of just about everyone we know. Ahead of tonight's new episode, we ask Peter Scanavino (Detective Dominick Carisi Jr.) how it's stayed relevant for 19 seasons.

LIZETH CADENA
MWN
letters@metro.us

Nineteen years in, "Law and Order: SVU" has returned with the same ingredients that have made it one of the favorite series of all time: cases that mimic real life (often noted as being "ripped from the headlines") and the experiences of detectives and police officers who must try to escape their profession to live a normal life.

Several topics are touched in the series and, according to the Peter Scanavino, who plays Detective Dominick Carisi, should be treated with care, precisely because of the situations they present.

"One of these is related to sexual abuse, especially at a time when Hollywood has been hit by the issue. Our mission is not to keep quiet and not talk about this, but we know we must be careful not to hurt people who are involved in these types of cases."

Scanavino has been a series regular since 2014. PROVIDED

That's one of the reasons Scanavino says the series has been so successful: Each case is treated with the respect it deserves.

"Many shows appeal to sensationalism to tell stories and gain an audience. We, on the contrary, want justice to be done in a certain way, and for society to finally understand that we're living in a difficult world. What do we want to leave our children with? We want viewers to think about that when they watch the series and each one of the cases."

Mariska Hargitay, the "SVU" O.G. GETTY IMAGES

Scanavino says another reason the show's been around so long is that characters get to say farewell when their story comes to a close (though we'll always miss you, Stabler!). And sometimes a familiar face reappears — ADA Alexandra Cabot (Stephanie March) returns to screens in April.

Scanavino had to adjust to fans who had previously latched on to some favorites from past seasons —not all of us were ready to farewell Detective Nick Amaro (Danny Pino) and welcome Dominick right away!

Outside his TV life, Scanavino lives far away from the cameras. He recently became a father for the third time.

"So when I'm not locking up criminals, I spend it changing diapers," joked the 38-year-old actor.

"Law & Order: SVU" airs Wednesdays at 9 p.m. on NBC and is available the next day on Hulu.

Is Finding The Best Treatment For Your Knee Arthritis Pain Worth 30 Seconds To You?

What if… there was a way to finally get straight answers about the most cutting-edge medical treatments for knee arthritis available today…

Answers from REAL MEDICAL DOCTORS who are experts in this field…

Doctors that have already treated THOUSANDS of knee arthritis suffers…

Doctors who will tell you exactly what your best options are and what can realistically be expected… without making huge (and false) claims… just to sell a product or service… and then deliver junk that does little or nothing for your pain?

Well… now you can.

Here is how…

NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including… what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit…

All you have to do is go to **painmdny.com/knee** and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. ***It is 100% free with no further obligation.***

If you are interested in the screening… awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email...

you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this… NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact… you will NEVER see any guarantee of results. This is because… in the world or science and real medicine… Guaranteeing results is impossible.

Every patients is different… and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said… We will be completely upfront and honest with you. Refreshing... isn't it?

So… if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain…

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How to fall back asleep when you have insomnia

It may seem counterintuitive, but getting up and out of bed can help your chances of falling back asleep. ISTOCK

You can't just lie there in the dark for hours. Here are practical tips from a sleep expert for how you can bring on the ZZZs.

KATE MOONEY
kate.mooney@metro.us

We've all been there. It's 2:00 a.m., you're lying awake in your bed in the dark, staring at the ceiling, bored out of your mind and unable to get back to sleep. Or worse, despite getting to bed at a reasonable hour, the ZZZs just aren't coming.

Enough time goes by and inevitably, you reach for your phone to distract you. You scroll Instagram or Twitter or read your decades-old posts on blogspot.com — pick your poison. But this kind of time sucking behavior, coupled with the brightness of the screen, will only serve to stimulate your brain and keep you up longer, says Dr. Jocelyn Y. Cheng.

We asked the neurologist, who works at NYU Langone's Comprehensive Epilepsy Center-Sleep Center, the best practices for getting back to sleep when you're stricken with insomnia.

Give it 20 minutes, then get out of bed

If you've been awake for around 20 to 30 minutes, that's enough time to know that falling back asleep is not going to happen any time soon, Cheng says. At that point, get out of your bed and your bedroom and do something in the dark or under dim light that's "not too engaging, but can distract you until you might feel sleepy again," she advises, and return to bed only then. If you still can't fall asleep after 20 minutes, get up and do the same thing again.

Stimulus control

What should you do to keep busy while you're out of bed trying not to fixate on the fact that you can't sleep? Cheng explains a technique called "stimulus control," which means avoiding any activity that might stimulate your brain. Cheng recommends reading or writing under dim light, meditating or doing gentle yoga. But watching Netflix, scrolling your phone or using any device with an unadjustable brightly lit screen tells your brain to stay awake, Cheng explains. It can also confuse your circadian rhythms and melatonin levels.

Turn your bedroom into a zone for sleep and sex only

FYI: "You want to keep your bedroom environment a place where literally only two things occur: sleep and sex," says Cheng. "It shouldn't be used as an office, a living room where you sit and read or snack, or anything like that."

This is admittedly a toughie for anyone who lives with roommates, but it's worth a try. Otherwise, she explains, your brain will associate your bedroom with a place to do activities. (There's even a type of insomnia, called environmental insomnia, wherein people can only fall asleep outside of their bedroom, Cheng says.)

Better luck tonight, folks.

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This new memoir on crafting will convince you to get a hobby, *stat*

Alanna Okun's debut, "The Curse of the Boyfriend Sweater," is about finding your bliss in soothing repetitive motion.

KATE MOONEY
kate.mooney@metro.us

You don't have to actually care about knitting to get completely engrossed in "The Curse of the Boyfriend Sweater," Alanna Okun's book of essays on crafting.

When I tell the Brooklyn-based author how much I relate to her debut, despite being incapable of making anything with my hands, except a mess, she laughs and says, "Oh good! That's the intended effect."

To me, Okun's memoir reads almost as a self-help text (in the best way) and a call to readers to find their bliss in a "soothing repetitive activity," whatever form that might take for them. It could be yoga, or baking or fishing — hell, adult coloring books (no judgment).

What's the thing you turn to that quiets your mind and steadies you even when you feel the most in flux? For Okun, that's knitting. The act of casting on, casting off, frogging, purling — read it and learn, folks — has carried her through the big hiccups of her 27 years, from breakups to grief to career uncertainty. It's also a daily distraction that calms her fits of restlessness, anxiety and boredom.

The senior editor at Racked tells me how knitting became her anchor and how it's made her a better writer, and she gives practical advice for how beginners can get started with the craft — because, yes, metaphors aside, hers is a book about literally making things out of yarn.

Okun finds knitting to be both cathartic and calming. PROVIDED

home

Tell me about how knitting became your rock.

It's kind of been the most constant thing in my life, I was realizing. I can't totally say if I learned to knit before I learned to read, but think I must have. I definitely learned when I was 6 years old. Not only has it been this defining metaphor, it's also been this very literal constant — something that I've done when I'm bored or lonely or when I need something to fill time. What I really love about knitting is that I can do it when I'm watching a movie or talking to a friend at a bar or while getting stuck on the subway. It's become this wonderful layer in my life. That's the physical aspect of it: this rhythmic, meditative process that takes me out.

In terms of the more emotional stuff, I've always thought of knitting and crafting as something I can control. It's this way of shrinking the world in front of me down so that it's small enough that I actually just deal with it. I'm a person who has a lot of anxiety. I've had loss and grief like anyone else. Crafting allows me to

continued on next page

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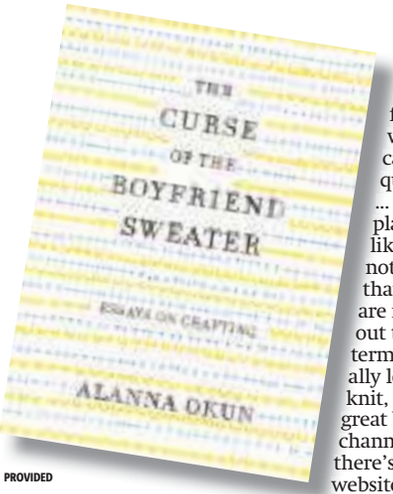
think, "OK, I can solve this problem. I may not be able to solve the big ones, but I can finish this row." It's been really useful for me. You know what, things are tough and swirling, but they can also be small and easy and a simple motion.

I'd love to hear more about the relationship of knitting to anxiety and how it's helped you curb destructive behaviors.
It's totally metaphorical, but it's also very physical to hold your own hands captive. Because I've definitely struggled with hair-pulling in the last four or five years — trichotillomania, I think they call it — and realized it was such an automatic motion that I did when I was anxious or couldn't control what else was going on. Knitting satisfies the same urge, weirdly. Doing a stitch feels almost the same to my brain.

When you're knitting, you can't look at your phone. You can't fret over typing an email. You're not able to engage in the garden variety bad behaviors that plague so many of us.

For you, how is the act of writing similar to or different from the act of knitting?
Oh, that's a great question. I've always thought of them as muscles located in the same part of me, if that makes sense. I think that so much of what they are is taking these tiny components — taking words, taking stitches — and trusting the process that they will become so much more than the sum of their parts. Three words isn't huge, three stitches isn't really, either, but a couple thousand will start to add up to something. I think in my writing I'm often compelled to want to be done, to have completed the essay, to have the thing. With knitting, you can't do that.



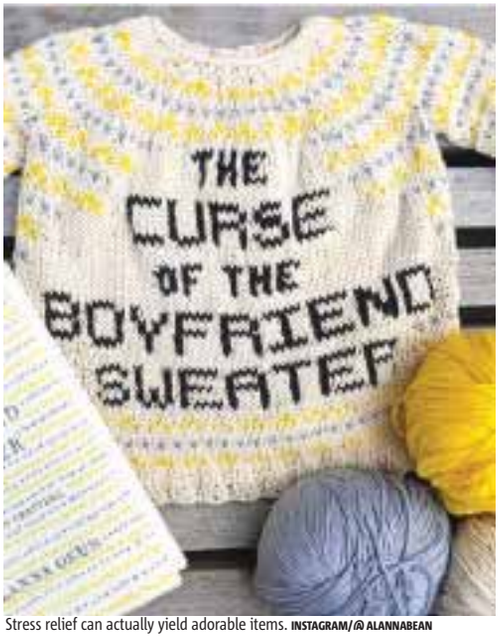
PROVIDED

Knitting has allowed me in my writing to slow the f—k down, honestly. You can only knit this row as fast as you can do it, you can only write this sentence as fast as you can do it. It's also been a nice way to solve problems that crop up in writing. If I'm feeling really blocked and staring at my computer, pulling out my knitting and doing a little bit is a nice way of having that motion and getting it back into my fingers. Knitting is almost like making the bed in the morning, that prop-open-the-door task that makes you feel much more capable about doing the harder stuff.

OK, now to talk about the nitty-gritty of knitting. What's your advice for folks who want to get started but might be completely intimidated?
The first place I would tell anyone to go is this website called Ravelry. It's this database of patterns, free and for purchase; forums where you can ask questions. ... It's a great place to feel like you're not alone and that there are resources out there. In terms of actually learning to knit, there are great YouTube channels. And there's this website I love called Knitty.com. A book I always recommend to new knitters is "Stitch 'n Bitch: The Knitter's Handbook" by Debbie Stoller. It's so great. That's the book I was reading when I'd learned from my grandma but didn't really know how to even conceive of like, making a sweater. That's what gave me the confidence and the ground rules to launch into that phase of my knitting.

Any knitting shops to recommend?
What I would recommend more than anything is to find your local yarn store and go there. Knitters are really friendly. It can be really scary to walk in and be like, "I want to learn a new thing!" But they'll be very stoked that you want to do it.

"The Curse of the Boyfriend Sweater," by Alanna Okun, is now available at Amazon and wherever books are sold.



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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities:
  - Mobility-disabled applicants (5%)
  - Vision- or hearing-disabled applicants (2%)
- Preference for a percentage of units goes to:
  - Residents of **Bronx Community Board 5** (50%)
  - Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

30% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent [1]	Units Available	Household Size [2]	Annual Household Income [3] *Minimum – Maximum* [4]
Studio	$368	1	1 Person	$14,949 - $20,040
1 bedroom	$396	1	1 Person 2 People	$16,046 - $20,040 $16,046 - $22,920
2 bedroom	$482	1	2 People 3 People 4 People	$19,132 - $22,920 $19,132 - $25,770 $19,132 - $28,620
3 bedroom				

40% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent [1]	Units Available	Household Size [2]	Annual Household Income [3] *Minimum – Maximum* [4]
Studio	$519	1	1 Person	$20,126 - $26,720
1 bedroom	$558	8	1 Person 2 People	$21,600 - $26,720 $21,600 - $30,560
2 bedroom	$676	7	2 People 3 People 4 People	$25,783 - $30,560 $25,783 - $34,360 $25,783 - $38,160
3 bedroom	$775	1	3 People 4 People 5 People 6 People	$29,829 - $34,360 $29,829 - $38,160 $29,829 - $41,240 $29,829 - $44,280

50% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent [1]	Units Available	Household Size [2]	Annual Household Income [3] *Minimum – Maximum* [4]
Studio	$670	1	1 Person	$25,303- $33,400
1 bedroom	$720	8	1 Person 2 People	$27,155 - $33,400 $27,155 - $38,200
2 bedroom	$870	7	2 People 3 People 4 People	$32,435 - $38,200 $32,435 - $42,950 $32,435 - $47,700
3 bedroom	$1,000	1	3 People 4 People 5 People 6 People	$37,543 - $42,950 $37,543 - $47,700 $37,543 - $51,550 $37,543 - $55,350

60% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent [1]	Units Available	Household Size [2]	Annual Household Income [3] *Minimum – Maximum* [4]
Studio	$822	2	1 Person	$30,515 - $40,080
1 bedroom	$882	28	1 Person 2 People	$32,709 - $40,080 $32,709 - $45,840
2 bedroom	$1,065	20	2 People 3 People 4 People	$39,120 - $45,840 $39,120 - $51,540 $39,120 - $57,240
3 bedroom	$1,224	1	3 People 4 People 5 People 6 People	$45,223 - $51,540 $45,223 - $57,240 $45,223 - $61,860 $45,223 - $66,420

90% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent [1]	Units Available	Household Size [2]	Annual Household Income [3] *Minimum – Maximum* [4]
Studio	$996	1	1 Person	$36,480 - $60,120
1 bedroom	$1,254	1	1 Person 2 People	$45,463 - $60,120 $45,463 - $68,760
2 bedroom	$1,511	1	2 People 3 People 4 People	$54,412 - $68,760 $54,412 - $77,310 $54,412 - $85,860
3 bedroom	$1,740	1	3 People 4 People 5 People 6 People	$62,915 - $77,310 $62,915 - $85,860 $62,915 - $92,790 $62,915 - $99,630

120% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent [1]	Units Available	Household Size [2]	Annual Household Income [3] *Minimum – Maximum* [4]
2 bedroom	$1,706	7	2 People 3 People 4 People	$61,098 - $91,680 $61,098 - $103,080 $61,098 - $114,480
3 bedroom	$1,965	6	3 People 4 People 5 People 6 People	$70,629 - $103,080 $70,629 - $114,480 $70,629 - $123,720 $70,629 - $132,840

[1] Tenant pays electricity. [2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria. [3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change. [4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How do you Apply?

Apply online or through mail. To apply online, please go to: **www.nyc.gov/housingconnect.** To request an application **by mail, send a self-addressed envelope to: Creston Burnside c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 21, 2018.** Late applications will not be considered.

What happens after you submit an application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en **nyc.gov/housingconnect.** Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Creston Burnside c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **21 de mayo 2018.**.

简体中文

访问 **nyc.gov/housingconnect** 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: **Creston Burnside/ c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801.** 信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2018 年 5 月 21 日**.

Русский

Чтобы подать заявление через интернет, зайдите на сайт: **nyc.gov/housingconnect**. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Creston Burnside/ c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **21 май 2018**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Creston Burnside/ c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. **2018年5月21일** 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyol Ayisyien

Aplike sou entènèt sou sitwèb **nyc.gov/housingconnect**. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Creston Burnside/ c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **me 21, 2018.**

العربية

للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف **nyc.gov/housingconnect** على الجهة الخلفية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني **Creston Burnside/ c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801.** :يحمل اسمك وعنوانك إلى 21 مايو 2018 قبل إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC."

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This building is being constructed through the 421-A Program of the New York City Department of Housing Preservation and Development and the New York State Affordable Housing Corporation.

Who Should Apply?

Individuals or households who meet the income requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. General preference will be given to New York City residents

A percentage of units is set aside for people with disabilities:
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- Vision/ hearing (2%)

Preference for a percentage of units goes to:
- Residents of **Manhattan Community Board 8** (50%)
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Please note that the quoted sales prices, maximum household income, asset limit, etc., are estimated and are subject to change.

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The estimated sales prices, unit sizes, and income requirements are as follows:

Bedrooms	125% AREA MEDIAN INCOME (AMI) UNITS	Units Available	Household Size*	Total Annual Income Range Minimum – Maximum**	Asset Limit*** ($166,950 + required down payment amount)	Monthly Carrying Cost (est.)****	Estimated Prices
Studio		5	1 person	$79,333 - $83,500	$202,620 - $204,210	$2,000.00	$356,700 - $372,600
1 bedroom		5	1 person	$81,500 - $83,500	$200,900 - $205,210	$2,200.00	$339,500 - 382,600
			2 people	$81,500 - $95,500	$200,900 - $205,210	$2,200.00	$339,500 - 382,600
2 bedroom		11	2 people	$93,500 - $95,500	$203,580 - $209,650	$2,600.00	$366,300 - $427,000
			3 people	$93,500 - $107,375	$203,580 - $209,650	$2,600.00	$366,300 - $427,000
			4 people	$93,500 - $119,250	$203,580 - $209,650	$2,600.00	$366,300 - $427,000

* Subject to occupancy Criteria
** Income guidelines subject to change; larger down payments may allow for lower minimum incomes.
*** Asset limit subject to change
**** This monthly payment includes Com Charges, R.E Taxes, Principal and Interest assuming a 10% down payment, 30yr fixed rate mortgage @ 4% rate.

How Do You Apply?

DOWNLOAD ONLINE: **www.housingpartnership.com/200east95th/**

To request an application **by mail, send a self-addressed envelope to: 200 East 95th Condo, c/o Housing Partnership Development Corporation, 242 West 36th Street, 3rd floor, New York, NY 10018.** Only send one application per development. Do not submit duplicate applications. Applicants who submit more than one application may be disqualified.

Completed applications must be returned by regular mail only **(no priority, certified, registered, express, oversized, or overnight mail will be accepted)** to a post office box number that will be listed on the application.

Informational sessions will be held on: April 4, 2018 and April 18, 2018 from **6:00 pm** to **7:00 pm at Our Lady of Good Counsel – St.Thomas More Church, 230 East 90th Street, New York, NY 10128.**

Seminar attendance is not mandatory to purchase at **200 East 95th Street**

When is the Deadline?

Applications must be postmarked **May 17, 2018**

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process.

If yours is selected and you appear to qualify, you will be invited to an appointment to review your documents and to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

This advertisement is not an offering. It is a solicitation of interest in the advertised property. No offering of the advertised units can be made and no deposits can be accepted, or reservations, binding or non-binding, can be made until an offering plan is filed with the New York State Department of Law This advertisement is made pursuant to Condominium Policy Statement No. 1, issued by the New York State Department of Law, file number **CD15-0238.** Sponsor: **95th and Third LLC, 805 Third Avenue, New York, NY 10022.**

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Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer

In bizarre twist, 'Million Dollar Listing' star buys his own listing

Ryan Serhant decides to buy the Brooklyn brownstone he was selling on behalf of author Jonathan Safran Foer.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

He must know a good deal when he sees one.

Author Jonathan Safran Foer sold his Brooklyn townhouse for $7.6 million to someone incredibly close to the property.

The buyer of the 8,000-square-foot brownstone at 374 Pacific St. is none other than "Million Dollar Listing: New York" star Ryan Serhant, who was marketing the property for sale, according to property records filed with the city.

Serhant declined to comment, but a source familiar with the deal said he plans to move to the home from his SoHo condo at 22 Renwick St., which he bought in 2014 for $3.7 million.

Safran Foer, author of "Everything is Illuminated" and "Extremely Loud and Incredibly Close," bought the Boerum Hill home for $5.4 million in 2014, property records show.

He had originally tried to sell it for $10.5 million with Compass, but earlier this year, Nest Seekers Internationals' Serhant listed it with an asking price of $8.995 million.

The eight-bedroom, six-story house has a wood-burning fireplace, a three-story atrium and a two-bedroom guest apartment.

Serhant in 2016 opened a Brooklyn office as he and his team took on more listings in the borough. CHRISTIAN BAUTISTA CONTRIBUTED REPORTING. RICH BOCKMANN

Bravo personality Ryan Serhant
GETTY IMAGES

Author Jonathan Safran Foer
GETTY IMAGES

08 DAYS
2018 OPENING DAY

Change in swing costing Lagares

The once-promising center fielder has been unable to put everything together.

JOE PANTORNO
joseph.pantorno@metro.us

There was once a time when New York Mets center fielder Juan Lagares was considered the future of the team.

The Dominican-born outfielder had all the makings of a five-tool star when he broke into the league in 2013. He had the speed and the sterling defense to check off the fielding, throwing and base-running boxes while the high average and power were expected to come around as he gained experience.

Five years later and the offensive aspect of his game has not come around yet despite conscious efforts to retool Lagares' swing.

While injuries have interfered with his development, the 29-year-old has put up 162-game averages of a .257 batting average with six home runs and 43 RBI over his first five years in the league. He has never hit more than six home runs in a season and other than a .281 batting average in 116 games during the 2014 season, Lagares hasn't batted over .269.

He developed into more of a utility player over the past few years as the Mets outfield grew to hold the likes of Curtis Granderson, Yoenis Cespedes, Jay Bruce and Michael Conforto. With Granderson being traded away last season and Conforto's recovery from a dislocated shoulder set to hold him out until at least May 1, the starting job in center was up for grabs between Lagares and Brandon Nimmo.

His path toward the starting job was clear as

Juan Lagares has been unable to put up any kind of offensive production despite a new swing. GETTY IMAGES

new hitting coach Pat Roessler, who was an assistant for three years under former Mets hitting coach Kevin Long, made hitting the ball in the air a priority for Lagares this offseason.

In order to make that happen, he spent more than a week with swing guru Craig Wallenbrock in Southern California to tweak his swing.

"He did hit some balls hard last year, and when his timing is not off, hit the ball on the ground," Roessler said back in February (h/t Mike Puma of the New York Post). "I think he's got a better chance of hitting the ball in the air more often. We told him the other day we don't mind him hitting ground balls as long as the first hop is 420 feet away."

Lagares has yet to see any real success with that new swing. In fact, it's been a total nonfactor during spring training.

In his first 40 at-bats of the exhibition season, Lagares is batting just .175 (7-for-40) with no home runs and a single RBI while Nimmo has run away with the starting job.

The 24-year-old who the Mets refused to trade during the offseason will likely be the team's leadoff man on Opening Day as he's batting .286 with three home runs, nine RBI and a .368 on-base percentage.

With just eight days until the regular season starts, Lagares is running out of time to win some more playing time.

"At some point, [Lagares] is going to have to make sure he goes out there and competes," manager Mickey Callaway said (h/t Puma). "I am not sure when that time is, it's probably fast approaching. Sooner or later you have to go out there and not worry about what you have been working on and just put good swings on the baseball."

MLB across the pond? Yanks, Sox eyeing '19 series in London

London Stadium could host Major League Baseball in 2019. GETTY IMAGES

When it comes to rivalries in Major League Baseball, it doesn't get much more traditional than Yankees, Red Sox.

The two mortal enemies and divisional opponents have been entrenched in what could very well be described as warfare since 1903. Fast forward 116 years though and the rivalry is about to reach a new corner of the world.

As first reported by Bloomberg News, the Yankees and Red Sox are closing in on securing a two-game series during the 2019 regular season that will be played in London.

It would be the first MLB games played in Europe. The United States' oldest professional league has sent teams to play regular-season games in Japan, Australia and Mexico.

This would be the Yankees' first international regular-season game since 2004 when they opened up the season against the Tampa Bay Rays in Tokyo. The Red Sox's last time abroad was also in Japan's capital four years later against the Oakland Athletics.

The games are expected to be played at London Stadium, which opened for the 2012 Summer Olympics and has since been converted to the home of the Premier League's West Ham United. The venue holds 66,000 spectators for Premier League matches.

Per Matt Majendie of the Evening Standard, the two-game series will take place on June 29-30. However, London Mayor Sidiq Khan isn't revealing anything yet.

"The mayor remains determined to bring Major League Baseball to London and talks are ongoing with organizers," a representative said Tuesday, via Majendie.

Khan has been involved with America's pastime for the better part of two years now and has made his intentions known of bringing MLB games to London. He threw out the first pitch before a New York Mets game after meeting with league commissioner Rob Manfred in Sept. of 2016.

While baseball and England don't necessarily go hand-in-hand, both the Yankees and Red Sox have connections to the country.

Sox owner John W. Henry owns Liverpool, one of England's most famous and successful clubs while the Yankees are part owners of New York City FC, an MLS franchise that is the sister club of English giants Manchester City.

JOE PANTORNO

DID YOU KNOW?

In the 116-year rivalry of the Boston and New York AL franchises, regular-season games between the two have been played in just eight different locations.

HUNTINGTON AVENUE GROUNDS (BOS)
1903 - 1911

HILLTOP PARK (NY)
1903 - 1912

FENWAY PARK (BOS)
1912 - PRESENT

POLO GROUNDS (NY)
1913 - 1922

YANKEE STADIUM I (NY)
1923 - 1973

SHEA STADIUM (NY)
1974 - 1975

YANKEE STADIUM II (NY)
1976 - 2008

YANKEE STADIUM
2009 - PRESENT

Knicks picked bad time for win streak

Two-straight wins have the Knicks moving further away from the No. 1 pick of the 2018 NBA Draft.

JOE PANTORNO
joseph.pantorno@metro.us

Leave it to the New York Knicks to reaffirm the notion that they can't do anything right.

Even tanking.

After Kristaps Porzingis' season-ending injury on Feb. 6, just before the NBA trade deadline, it was expected for the Knicks to mail it in for the rest of the season. At the time, they were 23-32, on a four-game losing streak and five games out of the final playoff spot in the Eastern Conference.

While no one used the dreaded word "tank," which we learned gets you in trouble if you mention it (sorry, Mark Cuban), New York performed exactly how one would expect it to without the star Latvian.

The four-game losing streak evolved into a monster slump in which the Knicks lost 17-of-18 games heading into St. Patrick's Day weekend.

While the on-court product has been difficult to watch, it was the best possible result for the team's future.

The more losses avalanching on the team's record, the better chance the Knicks would get a higher pick in the 2018 NBA Draft's lottery. After that 18-game stretch, a 24-45 Knicks team was just four games ahead of the Atlanta Hawks for the worst record in the Eastern Conference and six ahead of the tanking Memphis Grizzlies, the league's worst team.

In typical Knicks fashion though, things went wrong by going right.

New York has won its last two games, the latest coming over the equally-hapless Chicago Bulls on Monday night. The Bulls were a game behind the Knicks in the East with the conference's fourth-worst record.

By winning, the Knicks are in danger of losing the No. 1 overall pick in this year's draft. GETTY IMAGES

A comprehensive 18-point win at Madison Square Garden doubled New York's cushion over Chicago in the standings as their chances at the top pick in the draft lessen. Tim Hardaway Jr.'s 22 points led the way while Michael Beasly added 17 and Enes Kanter recorded yet another double-double with 10 points and 13 rebounds.

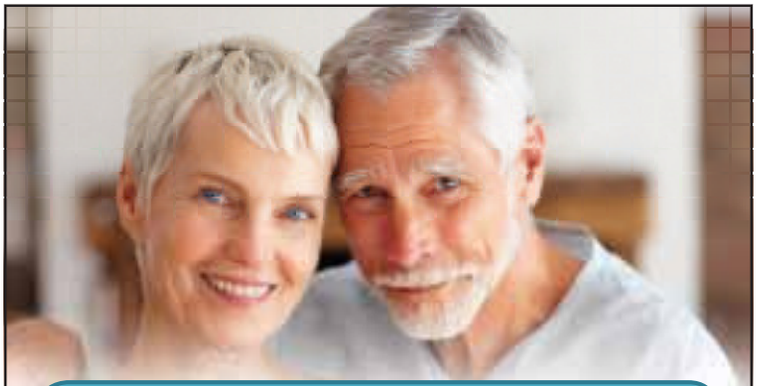
Entering Tuesday night, eight teams are now behind the Knicks in the standings, leaving them closer to the bottom of the lottery and increasing their chances of losing out on an elite talent that could help with the rebuild.

It all depends on what the team needs. The backcourt seems full with Emmanuel Mudiay entering the fray, forcing the team to tinker with the possibility of moving Frank Ntilikina to the 2. Tim Hardaway Jr. is also a viable option at shooting guard, but will likely continue his role as the team's small forward.

With Porzings and Kanter locking down the small forward and center spots, the Knicks' best options in the draft are either a point guard, should Mudiay or Trey Burke not work, or a forward that could play either the 3 or 4.

Oklahoma star point guard Trae Young could fall to the Knicks at No. 9 should they want to add another point guard to the mix. But they might miss out on two of the best forwards in Villanova's Mikal Bridges and Michigan State's Miles Bridges, who are projected to go within the top six or seven selections.

If the Knicks don't want to leave all their options open, the formula is simple: Start losing again. They take on the Heat in Miami tonight ta 7:30 p.m. ET.



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INTEGREVIEW

M3 BIOTECHNOLOGY

Rebuilding Rangers have better playoff odds than Islanders

For the first time since the 2009-10 season, the Eastern Conference playoffs will not feature the New York Islanders or New York Rangers.

It's not mathematically factual yet, but the Rangers actually have a better chance to make the postseason compared to the Islanders, though both odds are microscopic.

This was expected from the Rangers, who swiftly dealt with a slump at the beginning of the 2018 calendar year by becoming active sellers at the trade deadline.

Dealing away Rick Nash, Nick Holden, JT Miller and captain Ryan McDonagh, Rangers president Glen Sather and general manager Jeff Gorton were straight with fans as they released a letter stating that they were going to enter a rebuilding mode, one that was quickened by the deals they made at the deadline.

While it was somewhat harsh, it immediately gave everyone around the organization a vision that the postseason was nothing more than a pipe dream this season.

Isles star John Tavares GETTY IMAGES

The same can't be said for the Islanders, who had a lot more riding on this season compared to the Rangers.

With John Tavares' contract expiring at the end of this season, the postseason was a necessity in the organization's pitch to coax the star center to re-sign. In the 27-year-old's nine years in the NHL, he's only been to the postseason three times and gone past the first round just once.

At the trade deadline, the Islanders were just two points out of the final playoff spot with clear needs on defense. However, Garth Snow did not do a thing to improve the roster and help better their chances of making the playoffs.

In the 14 games following that dormant deadline, the Islanders have lost 14 of their last 18 games and dropped past the rebuilding Rangers in the Metropolitan Division. Not only does it mean they won't be playing this spring, but they could see the face of their franchise walk in free agency in order to join a contender.

Per SportsClubStats .com, the Blueshirts have a 0.135-percent chance while the Isles are at 0.0149-percent entering Tuesday night as the Metropolitan Division's bottom-two teams.

JOE PANTORNO

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To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

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Call the Anesthesia Research Team at 212-241-0840 with inquiries

Study Principal Investigator: Joshua Mincer, MD, PhD

Location: Hess Center for Science and Medicine, 1470 Madison Avenue, New York, NY 10029

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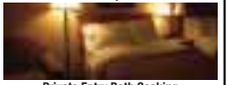

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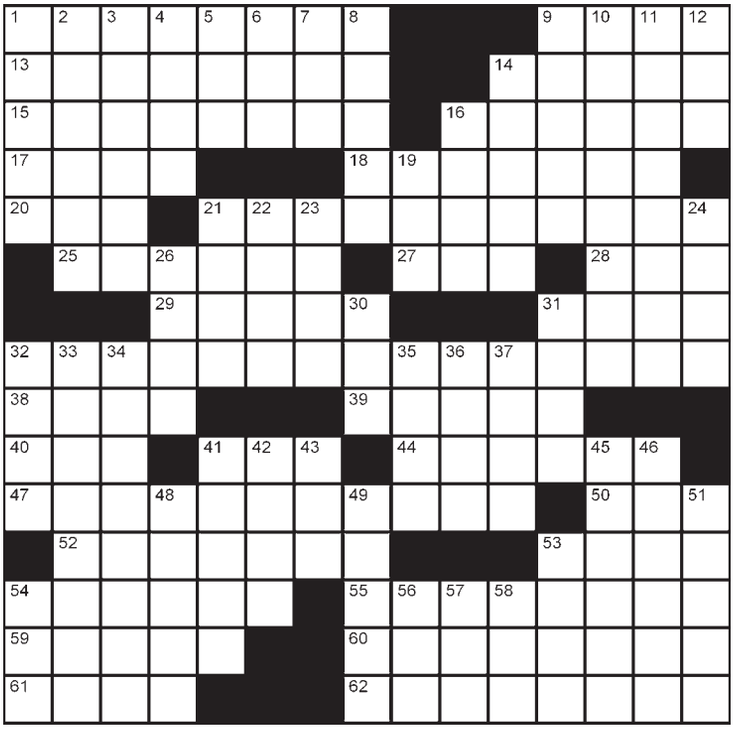
"Dollar Menu" by Sam Trabucco, edited by David Steinberg



Across

1 Spit game?
9 Skiing great Lindsey
13 Restaurant chain that introduced chorizo in 2016
14 Native American home
15 Epitome of ease
16 "Still waiting to hear"
17 Extremely dry
18 Habitat for colorful fish
20 Wicked cool
21 Measure of separation in Hollywood
25 "Why you little ..."
27 Maple syrup source
28 Cheer shouted over vuvuzelas
29 Jungian life force
31 McCarthy-era lawyer Roy
32 '80s fad toy
38 Long, narrow inlets
39 Cliche
40 "___ Poetica"
41 Highest Minor League level
44 Like Charlie, at Willy Wonka's factory
47 Stuffing ingredient
50 Cool after baking
52 H.S. course whose curriculum includes Virgil and Caesar
53 "Good heavens, old chap!"
54 Resells, as a ticket
55 Haven for the hungry, or a hint to 15-, 21-, 32- and 47-Across
59 French for small
60 Steel company's resource
61 Tennis great Arthur
62 Some NFL highlights

Down

1 Kid's motorized wheels, informally
2 "Gone With the Wind" family
3 Relative of jujitsu
4 Went 65 in a 55, say
5 Haul, as a trailer
6 Grp. that might sponsor a silent auction
7 ___-gotten gains
8 "Wall Street" character with a lizardlike name
9 Poison
10 One without secrets
11 Capital of India
12 "Duck Hunt" console
14 Refill with coffee
16 One of Columbus' ships
19 Turn-___ (attractive qualities)
21 Word before fide
22 Not worth ___
23 Attended
24 Tear apart
26 Scoops up, as a perp
30 Perfectly suitable
31 Word in many bistro names
32 Baltimore delicacy
33 Pilots' competitions
34 Route for one's trip home?
35 Composer Khachaturian
36 The Taj Mahal, e.g.
37 IRS form experts
41 Change
42 Play parts or plays a part
43 Shapiro of NPR
45 Ecole writing assignments
46 Senator Feinstein
48 Kate's sitcom friend
49 Like most new gym members
51 Rugrats
53 Some early PCs
54 Hot place to chill
56 Major Midwest airport code
57 Alley-___
58 Strands in a lab

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easy

		5	7		2		3	
		6	5				9	
		8	3				5	4
	3			2	8			
			6		7			
			1	3			8	
6	2				3	5		
	8				9	2		
	1		2		6	4		

hard

						6		
	5	4			7			2
		3			2		8	
5			6		9	8	3	
		2	1		3	5		
	6	9	5		4			1
	2		4			3		
7			2			4	5	
		6						

metro.us/horoscopes

Aries Take on responsibilities and show everyone what you are capable of. Don't limit what you can do just because someone is being unreasonable. Know your target.

Taurus Knowledge is a powerful tool that will give you the edge you need when faced with competition. Keep the facts in mind and your ideas a secret.

Gemini Take advantage of a situation that will help you do things a little differently or allow you to learn something new. Do the work and you'll reap the rewards.

Cancer Taking on a job that doesn't offer remuneration will turn into a burden as well as lead to a loss of respect. Offer your services, but insist on something in return.

Leo You can rise to the top. Make positive changes that will encourage more opportunities. A change to the way you earn your living or handle your money looks promising.

Virgo Only participate in functions that won't financially or physically jeopardize you. Overdoing it to prove a point will backfire, leaving you at a loss.

Libra A change to the way you handle your money will be necessary. Debt needs to be cleared before you start spending money. Talk to an adviser or put a budget into effect.

Scorpio Dig in and get things done. What you accomplish will help you figure out what you want to do next and how you can use your creativity to get ahead.

Sagittarius You'll never have the approval of everyone around you, so stop waiting and start following your heart and gut feelings. Trust in yourself, not in what others do or say.

Capricorn Think twice before you take over for someone who hasn't been doing a good job. You'll be left to deal with authority figures who won't care if you are just a facilitator.

Aquarius Reach out to someone who can offer you alternatives. Knowing your options will make it easier to avoid wasting time. Being realistic and having a good plan.

Pisces Revisit old dreams and make a point to reconnect with people you miss and lost touch with. Learn from your past and restructure the way you move forward. EUGENIA LAST

Yesterday's answers

A	L	P	O				R	E	F		W	O	R	E
L	O	U	P	E		B	O	A	R		A	M	E	N
E	G	R	E	T		A	S	T	I		G	I	S	T
C	O	R	N	C	O	B	S		J	E	S	T	E	R
				H	U	E		B	O	B		S	T	Y
G	L	I	D	E	R		S	I	L	O	S			
O	I	L	E	D		A	T	T	E	N	T	I	O	N
B	E	E	N		S	H	O	T	S		E	C	R	U
I	N	S	I	N	C	E	R	E		W	R	E	A	K
			M	O	R	A	Y		H	A	N	D	L	E
S	K	I		R	E	D		F	I	B				
P	A	N	A	M	A		J	A	P	A	N	E	S	E
U	R	D	U		M	E	A	N		S	E	D	A	N
R	A	I	N		E	L	M	S		H	A	I	T	I
S	T	A	T		R	I	B				R	E	E	D

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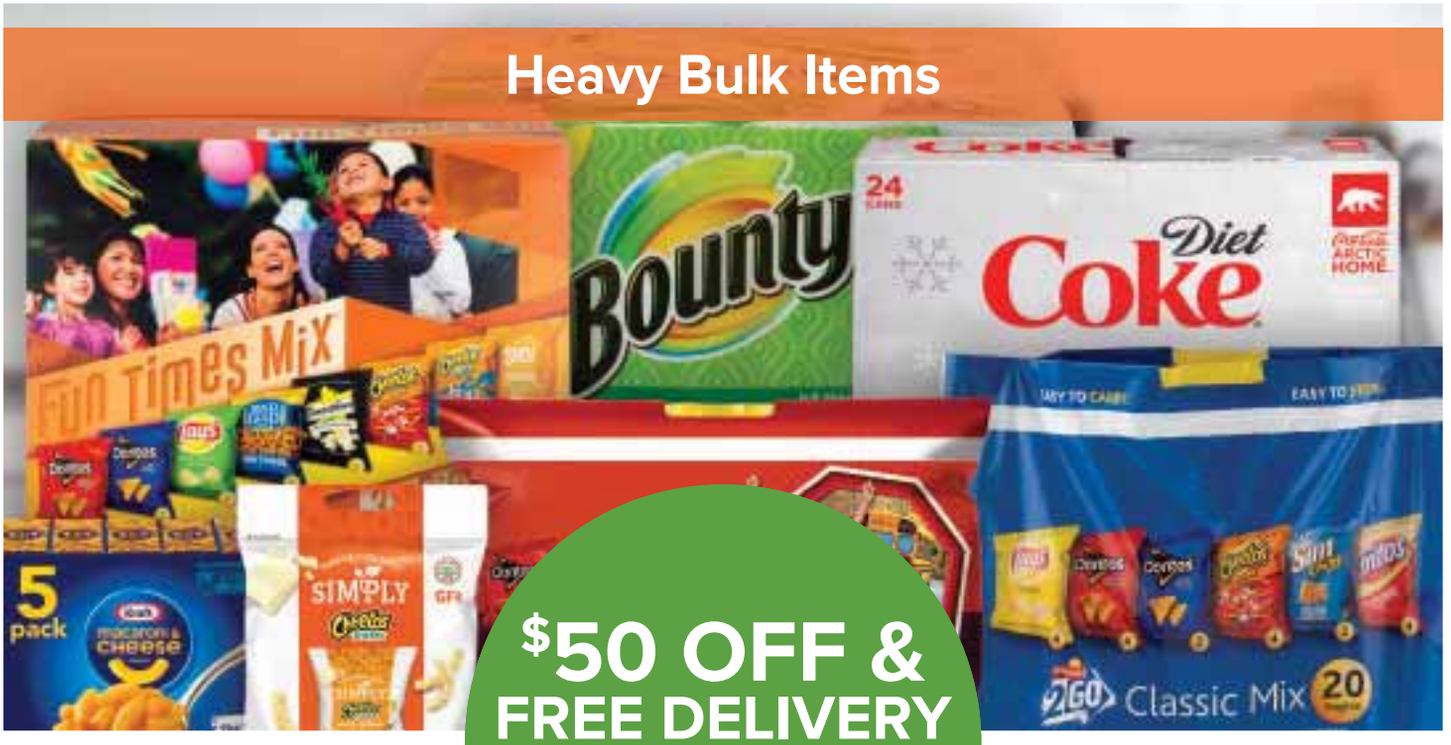

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